

## **DEPLOYED SOLDIERS WISH LIST**

This is a list of some of the stuff I received from either Family, Friends or even things that were sent to any soldier, but some how wound up in my care.

Here's some helpful hints:

- Use AAFES if you can, no tax and free shipping, see page 2 for web address.
- If you send electrical items you might want to check electric input Iraq is 220 volts, they do sell converters from 220 to 110 volt. In fact here is a website for transformer / converter  
<http://www.traveloasis.com/>
- At Christmas ( I hope they are on their way home by then but) the boxes I got were wrapped, and MARKED "Do Not Open Until December 25<sup>th</sup>," yes I waited and it was kind of like Christmas
- You will be cutoff about 30 to 45 days before they come home from sending packages, it takes a long time for it all to catch up, the Fargo Reserve Center still gets packages and mail that came to Iraq, but weren't delivered.
- Popcorn makes perfect packing material (cheap too)
- DON'T SEND ANY ALCOHOL, PORN, DRUGS OR DRUG PARAPHERNALIA (I know you wouldn't, but some soldiers did receive alcohol and were caught with it, and yes they were prosecuted for it.)
- FOOD – For some reason eating in a Dining Facility that serves anywhere from 100 to 4000 soldiers just doesn't have that home cooked flavor. When packages came in and food was in them we had little mini picnics, and smorgasbords.

Canned tuna or better yet tuna in the pouch (weighs a lot less), chicken, chili, stew, cheese dip, bean dip, rice dishes and pasta dishes that are ready to eat and just need to be warmed in the microwave (no microwaves, but with the temperature over 120, they just lay them in the sun for about 30 minutes and "God's microwave " takes care of it). (I remember seeing pictures of the troops in WW2 cooking eggs on the shell of a tank.)
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Canned corned beef, sardines, salsa, smoked salmon or smoked oysters, mac and cheese, but ONLY the one that has the canned Velveeta cheese, beans and franks, canned fruit and ramen noodles and cup a soup, dry cereal. They can heat the ramen, add some chicken and it's almost a real food dinner. Don't forget pickles and olives
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Easy pre food stuffs Any pre-packaged food that can be made with hot water: oatmeal, cup-of-soup, etc.
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Fruit/Jell-O cups and puddings that kids use in school lunches are great. Be sure to wrap them in a plastic bag because sometimes the rough handling causes them to burst.
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Any kind of food that you'd not normally buy or have at home. I got a package from home that had crackers, cheese, spices etc... from specialty shops Oriental, Hungarian, etc... it was exotic, very good and fun.
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Drink Mixes (Tang, Gator Aid, presweetened Cool Aid)
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Crackers and Summer Sausage (make sure it's the type that doesn't need refrigeration until after opened
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Instant Cake Mixes (we had an oven and could make cakes don't forget to send a pan, eggs we got from the mess halls)
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Pizza Mixes (we also had a pizza oven, don't forget the pan and cutter)
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Instant Puddings (we got milk from mess halls, don't forget a bowl and whisk)
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Chewy Candy (it gets really hot from May until Sep-Oct so watch the stuff that may melt over 100 degrees)
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Individually Wrapped Snack Items
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Cheese – Kraft Can style
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Coffee maker with filters and coffee (or just the coffee)
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Spices (small containers of season salt etc...
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Bread Makers with mixes
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Pringles or that style chips in a can
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Hard Candy
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Movies (both VHS and DVD AND old and New)
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Pillows (small or the full sized air blow-up type used for camping)
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Small Portable Fans &/or Misters (I had one that used 4 AA Batteries, Folded up for storage and worked really well to cool you off when not in an AC'd area)
Small hand held games (poker, racing, chess, checkers, YAZEE! Etc...)
Advanced Game Boy and games. We had a lot of time on our hands, from 6:00 PM until you went to bed and it helped fill in the time.
Socks (black), T-Shirts (green), Underwear, Sports Bras (it seemed we could never have enough, and our washers ate stuff or lost it)
Music (CD's old and new)
Playing Cards and Board Games
Crossword Puzzle Books
Disposable Cameras
Pre-paid Global Calling Cards
Stationery and Journals
Sunglasses
Small Footballs, Softballs
CD/DVD Cases with Zipper
Anti-Itch Cream - For those insect bites
Camera – digital (I had the disposable type and sent them home, but a lot of my soldiers had digital and could download them to mini CD's and then send the CD's home for free. A little spendy at the start, but worth it in the long run.
Laptop Computer lots of uses
Foot problems Lotrimin in the tube (for athlete's foot)
Fly paper to hang in their tents, the tank, whatever. The bugs are really bad.
Fly swatters At least include one in every box.
Small Funnel - to use to get the crystal lite and Gatorade powder in their canteen without spilling that precious flavored crystal. Most of the water the troops are drinking now is coming from the large military water containers, affectionately called a "water buffalo", so the troops must fill their canteens from this and apparently, the water is highly chlorinated and pretty nasty tasting.
Hair Gel - Especially for the gals. Keeps the hair slicked back and off their face
Insect Repellent, Mosquitoes, flies, fleas are AWFUL and then factor in 120+ heat, it is a terrible situation
Magazines - don't really care what they are (NO PORN), but everybody finds something interesting, helps pass the down time.
Saline nasal spray
Chap stick
Hand and Body Lotion
Lotrimin in the tube
Power bars and Protein powder, protein bars, etc
Portable camping Shower – I had one and used it often when traveling
Multivitamins could be sent periodically.
Wash Buckets
Sting Ease stick - These ease the bug bites
Clear nail polish - Putting a small amount of clear nail polish on the bug bite, which contain eggs, suffocates them and kills them. This was told by a Saudi Veteran.

Web Site	Title	Free Overseas Shipping
<a href="http://www.campmor.com">http://www.campmor.com</a>	Campmor – Camping	Yes
<a href="http://www.aafes.com">http://www.aafes.com</a>	Army and Air Force Exchange Service	Yes